

BRING THESE QUESTIONS TO YOUR DOCTOR

The next time you visit your doctor, make sure you get answers to these questions about your life and your body. Here are some places to start:

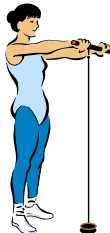
- > Could you please give me some general information, such as a brochure, about menopause?
- > How can I prepare for "the change"?
- > Can I handle menopause naturally, or do I need to consider estrogen replacement therapy or alternatives?
- > Do any of my medications have side effects?
- > I've heard of a bone density test. Do I need one? How much does it cost? Is it covered by insurance?

STRENGTHEN YOUR JOINTS

Start now to work on strengthening the areas in your body that are most likely to be injured.



HIP CIRCLES: The hip joint is one of the most frequently injured areas of the body as we get older. Grab a chair, extend your leg from your body and start making circles, as big as possible. Point your toes inward. If you can, work up to 50.



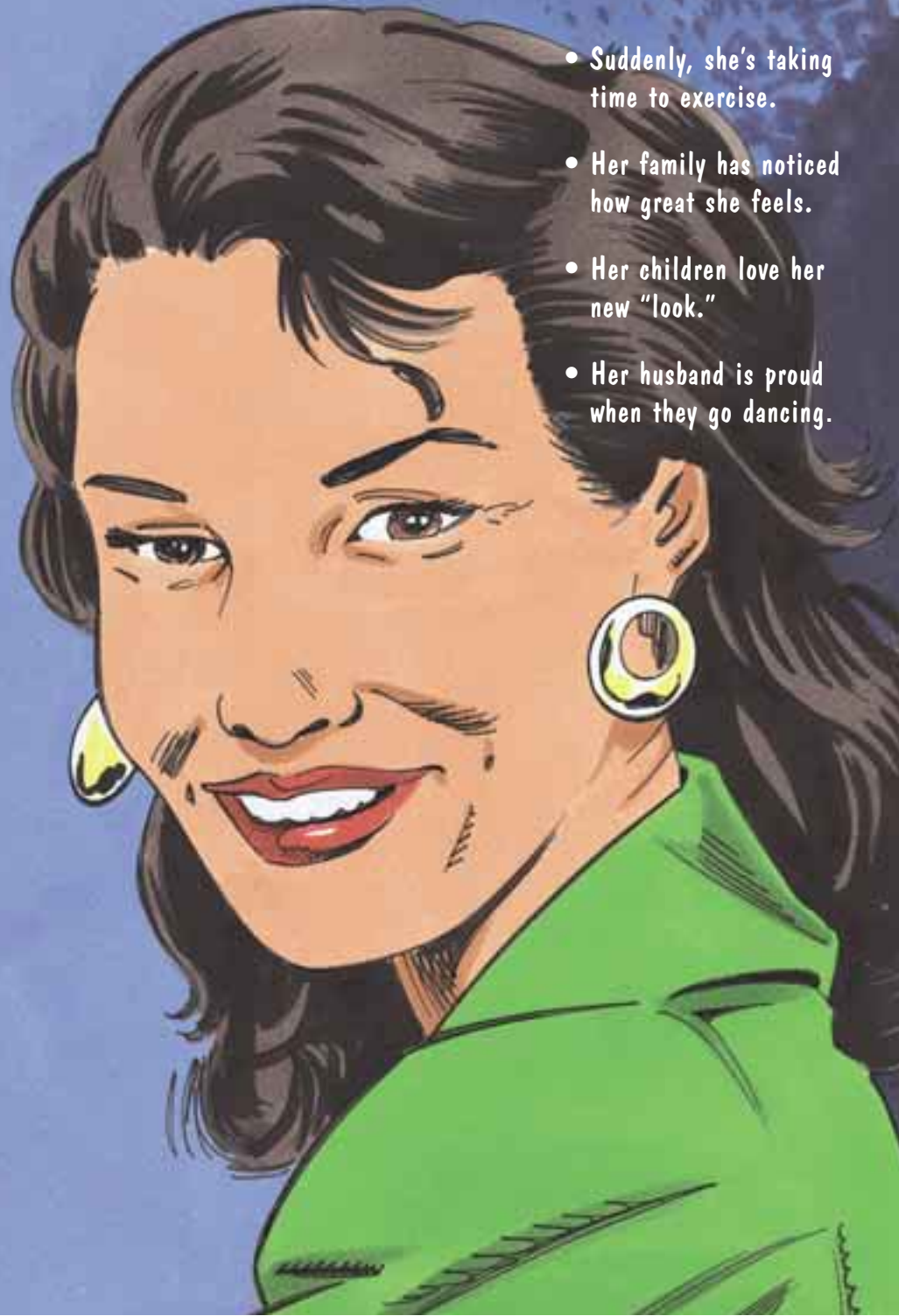
WRIST ROLLS: Start with a stick to which you've attached a heavy rope or cord. Suspend a weight from the end of it. Holding this in front of you, roll up the weight. When it gets to the top, roll it back down.

Want more tips on staying young, eating right and making all the right moves as you mature? Call the Texas Department of Health at **1-800-242-3399** or check our website at www.tdh@state.tx.us



10-72-3-99

THE SECRETS OF MARIA'S NEW LIFE



- Suddenly, she's taking time to exercise.
- Her family has noticed how great she feels.
- Her children love her new "look."
- Her husband is proud when they go dancing.



The change in life is a natural step for every woman.

Just as there are stages in life like childhood, adolescence and child-bearing years, there is a time in every woman's life when she goes through the "change."

One of the biggest changes brought on by menopause is the change it produces in your bone strength. Because your body is producing less of the hormone, estrogen, which strengthens your bones, they may very gradually lose mass. *When this loss is very severe and causes them to become weak and fragile, it may result in a disease called osteoporosis.* Luckily, there are some steps to take, and by talking to your doctor, you can help prevent it.

There's a secret for staying young, vital, active and attractive...

MANY WOMEN IN THEIR 40'S AND 50'S ARE NOW DISCOVERING THE AGE-OLD SECRET FOR KEEPING THE ROMANCE ALIVE IN THEIR LIVES: TO TAKE GOOD CARE OF YOUR FAMILY, YOU FIRST HAVE TO TAKE GOOD CARE OF YOURSELF.

HERE ARE THREE THINGS THAT MAKE THE DIFFERENCE:

- > **MAKE** SURE YOU'RE CONSUMING 1,000 MG. OF CALCIUM A DAY BEFORE MENOPAUSE. AFTER MENOPAUSE OR AFTER A HYSTERECTOMY, A WOMAN SHOULD CONSUME 1,500 MG. OF CALCIUM A DAY FROM HER DIET OR SUPPLEMENTS. (CALCIUM LEVELS: 1 CUP SKIM MILK - 302 MG.; 1 CUP YOGURT - 415 MG.; 1/2 CUP TOFU - 434 MG.; 1 CUP BROCCOLI - 135 MG.)
- > **GET** ENOUGH VITAMIN D, WHICH HELPS YOUR BODY USE CALCIUM. TAKING MULTIVITAMINS, BEING IN THE SUN ABOUT 5 TO 15 MINUTES A WEEK OR DRINKING VITAMIN D FORTIFIED MILK WILL PROVIDE ENOUGH VITAMIN D.
- > **DO** WEIGHT-BEARING EXERCISE SUCH AS WALKING, JOGGING, DANCING AND GARDENING FOR 30-40 MINUTES AT LEAST THREE TIMES A WEEK.
- > **DON'T** SMOKE. LIMIT USE OF ALCOHOL AND CAFFEINE BECAUSE THEY TAKE CALCIUM AWAY FROM YOUR BONES.
- > **CHECK** WITH YOUR DOCTOR ABOUT ESTROGEN REPLACEMENT THERAPY OR ALTERNATIVES.



Calcium doesn't have to go "moo."

You can get a lot of great calcium in the foods you eat. Some great sources of calcium are calcium-fortified orange juice, tofu and soy products, oatmeal, beans, salmon and waffles. (Calcium can go "moo" too... like cheese, low-fat yogurt, skim milk and ice cream.)